



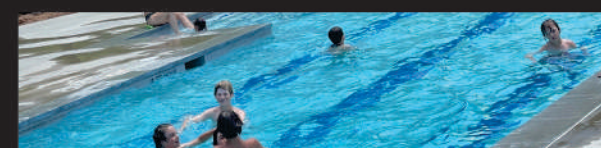
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THE IDLE TIMES  
251 Idle Hour Drive  
Macon, Georgia 31210

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# THE IDLE TIMES

VOLUME 32, ISSUE 6 JUNE 2022



PLEASE DELIVER PROMPTLY

## IN THIS ISSUE

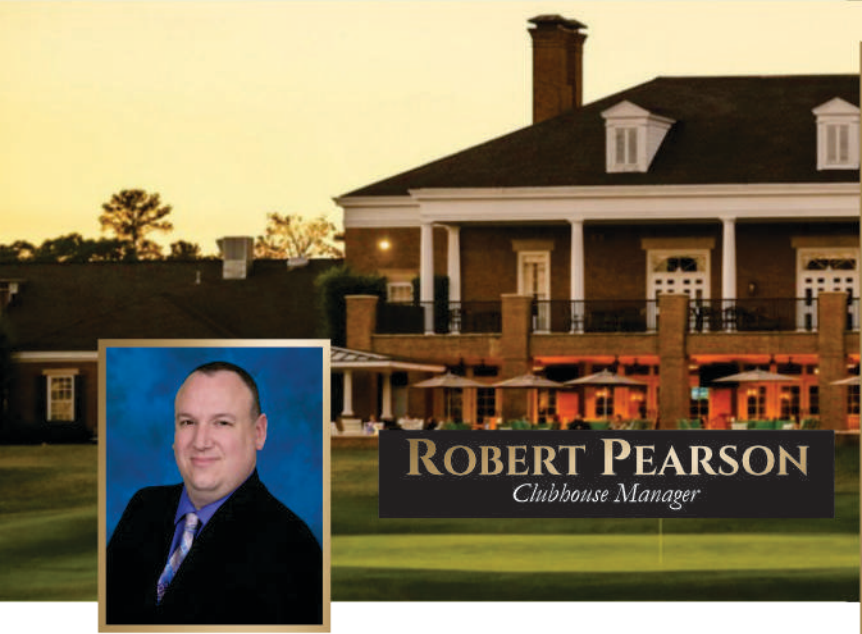
MARGARITA  
MIXER

LAG PUTTING

10 TIPS FOR EXERCISING  
IN HEAT & HUMIDITY

GREAT GOLF





**ROBERT PEARSON**  
*Clubhouse Manager*

I hope that I find everyone having a great day when you are reading this. My name is Robert Pearson, and I am the new Clubhouse Manager here at Idle Hour Country Club. Thank you to everyone I have met so far for the warm welcome and I look forward to meeting and getting to know everyone soon. I started in restaurants as a kid and eventually went to the Culinary Institute of America in Hyde Park, NY, and received my Culinary Degree. I worked at several resorts, hotels, and restaurants up and down the east coast before transitioning from the kitchen into management. Since moving into management, I have opened several restaurants in both the QSR and Casual Dining environment, along with being the General Manager of a few.

One day while managing a restaurant, I was approached by a member of The Standard Club in Johns Creek about a position they had available. After talking with the management at the club, I joined The Standard Club as their Director of Food & Beverage. I was there for several years before moving to South Carolina to join Keowee Key Property Owners Association. Keowee Key is in Salem, SC in the foothills south of Cashiers, NC. It is a private community with around 1700 front doors and 3500 members. Keowee Key features two restaurants, banquet & event facilities, two marinas, an 18-hole golf course, three pools, a fitness & racquet center, and much more.

I have two children, a 25-year-old daughter who works for the Florida State Environmental Protection Agency and an 18-year-old son that will be graduating from High School in a few weeks. I couldn't be prouder of them both.

Please feel free to stop me at any time and let me know if there is anything I can do for you. I am very excited about the opportunities that this club holds and look forward to serving you all.

2022 BOARD OF DIRECTORS



- Mr. Duncan D. Walker, III - President
- Mr. J. Doug Dunwody - Vice President/ Tennis
- Mr. Gary M. Meadors - House/Treasurer
- Mr. Daniel L. Smith - Golf
- Mr. Carl Hofstadter, Sr. - Long Range Planning/House
- Mr. Rusty Hilburn - Fitness
- Mr. James (Jim) A Manley, III - Finance/Membership
- Mr. Howard (Bo) Hart, Jr. - Entertainment/Asst. Golf
- Mr. Walker S. Stewart - Pool/Secretary

- Staff (and extensions)**
- Clubhouse - (477-1724)
  - David Ruddell, Jr., CCM, General Manager (223)
  - Clubhouse Manager (266)
  - Tracy Martin, Membership Director (222)
  - Brandy Spires, Controller (225)
  - Liddie Knoche, Director of Catering (226)
  - Chef Lionel Hughes, Executive Chef (265)
  - Doug Pyron, Assistant Manager (236)
  - Aubrey Dudley, Assistant Manager (267)
  - Sean Kirksey, Assistant Manger
  - Patricia Smith, Banquet Supervisor (267)
  - Nick Robles, Sports Bar Supervisor (266)
  - Kirk Hice, Director of Golf (477-2092)
  - Wade Thomas, Director of Golf Course & Ground (477-2373)
  - Craig Jones, Director of Tennis (477-6701)
  - Larry Washington, Jr., Men's Locker Room Supervisor (240)
  - Rob Haver, Wellness Director (474-8535)
  - Robin Shelley, Director of Housekeeping (232)
  - Calvin Hart, PHR, Director of Human Resources (224)
  - Mark Allred, Maintenance Director (231)



Have comments or suggestions  
for the Board?

Please email the Board at  
comments@idlehourclub.com

**WELCOME OUR  
NEW MEMBERS**



**Mr. David L. Bury, Jr.**  
Partner / Attorney  
Stone & Baxter, LLP  
177 Tattershall Ct.  
Macon, GA 31210  
Spouse: Mrs. Jessica Bury  
Sponser: Mr. G. Daniel Taylor



Mr. Dustin Brantley Weeks  
Attorney / Partner  
Troutman Pepper LLP  
6900 Forsyth  
Macon, GA 31210  
Spouse: Mrs. EA Weeks  
Sponsor: Mr. Author C. Jones, III

**POSTED FOR MEMBERSHIP**

**Mr. Robert M. Persons**  
Financial Advisor  
Raymond James  
4634 Twin Oak Dr.  
Macon, GA 31210  
Sponsor: Mr. Peter Persons

**Mr. Barry C. McHan**  
Renewals Manager - Sales  
Cisco Systems  
5235 Bowman Rd. Apt. 1202  
Macon, GA 31210  
Sponsor: Mr. Stephen D. Jones

**Mr. Biren Patel**  
President & Founder  
Electrical Engineering  
120 Field Springs Court  
Macon, GA 31210  
Spouse: Dr. Misti Patel  
Sponsor: Dr. Joshua Perkel

**Dr. Briana I. Birdsong**  
Resident Physician  
Atrium Health Navicent  
164 Brandon Way  
Macon, GA 31210  
Spouse: Dr. Brian Birdsong

**Dr. Paul W. Cartwright**  
Surgery Resident  
Atrium Medical Center  
425 Ashley Place  
Macon, GA 31204  
Spouse: Dr. Brielle Cartwright  
Sponsor: Dr. Douglas Skelton

**Dr. Kent T. Gibson**  
Resident Physician  
Atrium Health  
21 Pate Road  
Macon, GA 31210  
Sponsor: Mrs. Corie Weiche

**Mr. Kevin J. Lemoine**  
QA Supervisor  
Air National Guard  
4901 Oxford Road  
Macon, GA 31210  
Spouse: Mrs. Jennifer Lemoine  
Sponsor: Lauren Lanter

**Mrs. Teresa N. Combs**  
Senior VP-Investments  
Raymond James  
1644 Bass Rd, Apt. 2008  
Macon, GA 31210  
Sponsor: Robert A. McCord IV

*Any comments concerning those posted for membership may be directed to the Membership  
Chairman, Mr. Jim Manley or Membership Director, Tracy Martin*

with deepest  
*sympathy*



**Dr. Joseph Lee Boland, Jr.**  
May 14, 1930 - April 12, 2022

**Mr. Benjamin M. Garland**  
February 18, 1943 - April 10, 2022

**Dr. Dudley Christic, Jr.**  
January 16, 1947 - April 19, 2022

**Mrs. Frances Pace Miller**  
September 25, 1939 - May 20, 2022



SADDLE UP

PUT ON YOUR BOOTS AND MOSEY ON OVER!

FOR  
FAMILY BINGO

CAUSE WE'RE HOOTIN' AND HOLLERIN'  
IT'S TIME FOR A SHOWDOWN

SO COME ON Y'ALL

WEDNESDAY, JUNE 8TH

6 P.M. - BUFFET & COCKTAILS BY SIGNATURE IN THE BALLROOM

7 P.M. - BINGO IN THE BALLROOM

\$15.00/ADULTS \$10.00/CHILD UNDER 12

INCLUDES 1 BINGO CARD. EXTRA CARDS \$2 EACH OR 3 FOR \$5

BBQ BAKED CHICKEN

PORK SPARE RIBS

CHICKEN TENDERS

SCALLOPED POTATOES

GREEN BEANS

TOSSED GARDEN SALAD

ROLLS

PEACH COBBLER

ICE CREAM BAR

RESERVATION REQUIRED: 477-1724

48-HOUR CANCELLATION POLICY

MAKE YOUR OWN  
SAND ART  
AT THE POOL

It's a sand art party!

FRIDAY  
JUNE 24  
4PM-6PM

Kids will enjoy  
complimentary  
cotton candy  
as they make  
their own Sand Art!



The Last Dance

Friday  
June 10th  
7pm



Be part of History with  
ONE LAST DANCE  
in the Grill before Demolition Day!



Enjoy Live Entertainment  
by The Bo Henry Band  
Hors d' oeuvres  
Drinks by Signature

RSVP with the Front  
Desk @ 477-1724



# IDLE HOUR MOBILE APP

**THIS IS THE SAME LOGIN THAT YOU  
WILL USE ON THE MOBILE APP.**

If you have never registered on the website, please go to **idlehourclub.com** and follow the Member Registration Instructions very carefully.

If you have registered in the past and have forgotten your  
username and password, you may call  
Tracy Martin for assistance  
@ 478-812-5470 or by email  
tracy@idlehourclub.com

Open the Apple App Store or Google Play Store on your smartphone or tablet.

(not Idle Hour Country Club)

The app & wait for it to install.

Your club website username and password and press the sign-in button

**Please follow the instructions at the very top if you do not have a website login**

## Schedule of Events

**Sports bar and Patio open with a limited lunch menu  
Buffet only for dinner**

**2:00 p.m. - 5:00 p.m.**  
**Pool Games & Music**

**6:00 p.m. - 9:00 p.m.**  
**Kid's Carnival in Tennis Parking Area**

**6:00 p.m. - 9:00 p.m.**  
**Dinner Buffet on the Back Patio**  
**with Live Entertainment**  
**Signature Bar**

**FIREWORKS AT DARK!**  
**Don't forget your lawn chair or blanket!**

**\$18 Adults | \$11 Children  
3 & Under are Complimentary**

**Sliced Watermelon**  
**Potato Salad**  
**Cole Slaw**

**Grilled St. Louis Ribs**  
**IHCC BBQ Sauce**  
**Grilled Hamburgers & Hot Dogs**  
**Old Bay French Fries**  
**Onion Rings**

**Fresh Berry Shortcake  
Funnel Cake Sticks  
Assorted Ice Cream Bars**



JUNE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 BREAKFAST IN THE SPORTS BAR & BACK PATIO
			JUNIOR CLUB CHAMPIONSHIP			
5 SUNDAY BRUNCH	6 CLUB CLOSED	7 PATIO, POOL & SPORTS BAR HAPPY HOUR 5PM-7PM LADIES CLUB CHAMPIONSHIP/ PRESIDENTS CUP	8 SADDLE UP BINGO	9 Margarita MIXER	10 The Last Dance CLUB CHAMPIONSHIP	11 BREAKFAST IN THE SPORTS BAR & BACK PATIO
		AGE 4 & 5 SUMMER CAMP				
		PEE WEE CAMP				
12 SUNDAY BRUNCH CLUB CHAMPIONSHIP	13 CLUB CLOSED KITCHEN RENOVATIONS BEGIN	14 PATIO, POOL & SPORTS BAR HAPPY HOUR 5PM-7PM	15	16	17 GOLF COURSE OPENS @ NOON	18 BREAKFAST IN THE SPORTS BAR & BACK PATIO
	COURSE CLOSED FOR AERIFICATION		AGE 6 & 7 SUMMER CAMP			
			B. I. A. CAMP			
19 Happy Father's Day ON THE PATIO	20 CLUB CLOSED	21 PATIO, POOL & SPORTS BAR HAPPY HOUR 5PM-7PM BOOK CLUB	22	23	24 SAND ART AT THE POOL COUPLES GOLF	25 BREAKFAST IN THE SPORTS BAR & BACK PATIO
		AGE 8 & 9 SUMMER CAMP				
		PEE WEE CAMP				
26 SUNDAY BRUNCH	27 CLUB CLOSED	28 PATIO, POOL & SPORTS BAR HAPPY HOUR 5PM-7PM	29	30 GUEST GOLF DAY		
		AGE 4 & 5 SUMMER CAMP				

JULY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		28	29	30	1	2 BREAKFAST IN THE SPORTS BAR & BACK PATIO
		AGE 4 & 5 SUMMER CAMP				
3 SUNDAY BRUNCH	4 INDEPENDENCE DAY 4 <sup>th</sup> of July UNITED STATES OF AMERICA CLUB OPEN	5 CLUB CLOSED	6	7	8	9 BREAKFAST IN THE SPORTS BAR & BACK PATIO STRAWBERRY & CREAM R. R.
		AGE 6 & 7 SUMMER CAMP				
		PEE WEE CAMP				
10 SUNDAY BRUNCH	11 CLUB CLOSED	12 PATIO, POOL & SPORTS BAR HAPPY HOUR 5PM-7PM	13	14	15	16 BREAKFAST IN THE SPORTS BAR & BACK PATIO
		AGE 4 & 5 SUMMER CAMP				
		B. I. A. CAMP				
17 SUNDAY BRUNCH	18 CLUB CLOSED	19 PATIO, POOL & SPORTS BAR HAPPY HOUR 5PM-7PM BOOK CLUB	20	21	22 KIDS NIGHT @ THE POOL COUPLES GOLF	23 BREAKFAST IN THE SPORTS BAR & BACK PATIO
		AGE 6 & 7 SUMMER CAMP				
		JUNIOR TOURNAMENT CAMP				
		B. I. A. CAMP				
24 SUNDAY BRUNCH 31 SUNDAY BRUNCH	25 CLUB CLOSED	26 PATIO, POOL & SPORTS BAR HAPPY HOUR 5PM-7PM	27	28 GUEST GOLF DAY	29	30 BREAKFAST IN THE SPORTS BAR & BACK PATIO
	ANNUAL CLUB SHUTDOWN JULY 25 - 31					





Sunday, June 19, 2022

Featuring the Outdoor Patio Grill

11:30 a.m. - 1:30 p.m.

Adults \$21 Children (8-11) \$13 Children (4-7) \$11

Children 3 & under are complimentary

Teriyaki Chicken & Pineapple  
Grilled Petite Sirloin Steak  
Cedar Plank Salmon

Creole Red Rice  
Corn on the Cob  
Loaded Potato  
Roasted Asparagus  
Salad Bar  
Fruit Display  
Seafood Display  
Oyster, Crab Claws, Shrimp, Mussels

Reservations required: 477-1724  
48-Hour Cancellation Policy



*The Speckled Beauty*  
..... A DOG AND HIS PEOPLE .....  
**RICK BRAGG**  
AUTHOR OF ALL OVER BUT THE SHOUTIN'  
  
Tuesday, June 21st  
3:00 p.m. - 5:00p.m. in the Alcove  
**IHCC BOOK Club**

IDLE HOUR GOLF SHOP



**KIRK HICE**  
PGA, Director of Golf

Members,  
Please see the following dates for our monthly Guest Day. One day a month, members may bring up to three guests to play with them for a special rate of \$35 + tax per guest for 18 holes with cart!

Thursday, June 30th  
Thursday, July 28th  
Thursday, August 25th  
Tuesday, September 27th

Thursday, October 27th  
Tuesday, November 29th  
Thursday, December 29th

ANNOUNCEMENT  
FROM THE PRO SHOP

Any of our members wanting to receive golf emails can call the Pro Shop or email us at [golf@idlehourclub.com](mailto:golf@idlehourclub.com) to get signed up. We have different email lists from Ladies Golf to Junior Golf, so let us know which emails you would like to receive.

SIGN-IN PROCEDURE

Please sure to sign-in at the Pro Shop to ensure accurate billing. The sign-in sheet is also used to keep track of how many rounds the course is doing a year, so even if you are planning on walking, we still need everybody to sign-in with their name and member number.

2022 MAJOR  
MEMBER EVENTS

*Dates Subject to Change*

JUNE 2ND – 4TH:  
MEMBER-GUEST

JULY 30TH:  
CHOKER

SEPTEMBER 23RD:  
FALL BRAWL

SEPTEMBER 27TH:  
LADIES CLUB CHAMPIONSHIP &  
PRESIDENT'S CUP

OCTOBER 5TH-7TH:  
SENIOR PEACH BLOSSOM

OCTOBER 19TH:  
LADIES MEMBER-MEMBER

OCTOBER 22ND-23RD:  
MEMBER-MEMBER

NOVEMBER 12TH-13TH:  
PRESIDENT'S CUP

NOVEMBER 17TH-18TH:  
SENIOR MEMBER-GUEST

DECEMBER 10TH:  
SHAMBLED EGG



2022 MEMBER - GUEST  
JUNE 2-4

SCHEDULE OF EVENTS

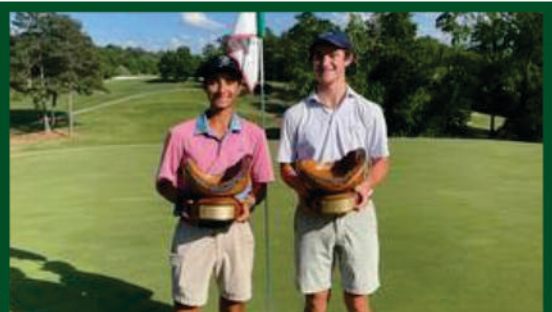
**Thursday, June 2nd**  
Registration Begins  
11:00 - Lunch  
12:00 - First 9 Hole Match  
2:30 - Second 9 Hole Match  
6:00 - Stag Party Cocktails, Skills Contests  
7:30 - Stag Party Dinner (*Casual Attire*)

**Friday, June 3rd**  
7:30 - Breakfast  
9:00 - Third 9 Hole Match  
11:00 - Lunch  
2:30 - Fourth 9 Hole Match  
7:30 - Couples Cocktail &  
Band Party (*Casual Dress*)

**Saturday, June 4th**  
7:30 - Breakfast  
9:00 - Fifth 9 Hole Match  
11:30 - Sixth 9 Hole Match  
2:00 - Lunch with Wives / Dates  
3:30 - Shootout &  
Patio Party Begins (*Casual Attire*)

**Players Pool: \$200 Per Team, Cash Only**  
Each Team Plays 5 Matches with 1 Bye

CONGRATULATIONS TO OUR  
2022 PEACH BLOSSOM WINNERS



Marshall Butler & Andrew Reyes

CONGRATULATIONS  
2022 WOMEN'S MEMBER/GUEST  
WINNERS



Jaime Kaplan, Patricia Gibbs  
Jamie Howard, Adrienne Hixon



Susan Placek, Norma Bella  
Liz Hil, Peggy Cook



**BOBBY HIX**  
PGA Senior Golf Instructor

LAG PUTTING

As you watch players on the putting green, you will always see people working on putts from close range but seldom do you see anyone really work on their lag putting. And I'm not just talking about 50-plus foot, putts but lag putting from short and mid-range distances. You know, working on the type of putts that could "get away" from you — the ones from inside 30 feet. The ones over a hump, knoll, on a crown, or those pesky sneaky-fast putts where you walk up to the green thinking possible birdie but walk away with bogey! Always leaves a nasty taste in your mouth for sure. I have always been a proponent of working on lag putting in two ways with my students: Start by working on super-long lag putts back and forth across the green so you get the feeling of the overall green speed and as you get better with your feel work your way closer to the hole. This will help you to figure out the "speed of the green" in general.

Next find the part of the practice green with the most amount of break or undulation and work on "fine-tuning" your speed by putting to targets that have big hills, bump, and 4+ % slopes in them. It is this stage where you are focusing on really understanding what the greens can do at whatever speed they are for that day. This will help you to not three-whip the first hole from 25-feet as you go up over a crown in the putting surface.

However, what I see from the average player is not this at all but completely the opposite. They drop three balls on the green hit a few 20-30 footers (not more than 5 minutes tops!) and then move on to putts of close range and then wonder why they have issues on the front nine with their putting feel! While I was thinking about working on lag putting, I found graphs from Scott Fawcett and Lou Stagner, who keep stats for the Tour, that really hit home that lag putting is a forgotten fundamental and one people just do not know how to work on properly. They showed that Tour Players on the BEST greens in the world from 3 to 10 feet. Therefore, you can see now why lagging it as close to the hole is obviously a necessity. Basically after 10 feet the best players in the world have less than a 1 in 3 chance of making the putt The average golfer (18 handicap) only makes 50% of their 5 footers, 65% of their 4 footers, and 84% from 3 foot and in, therefore you need to be a great lag putter if you want to score better! From 25+ feet the average amateur golfer will have almost a 1 in 4 chance of three putting showing us once again that lag putting is crucial Now that we understand what our make percentages are from different distances and how we compare to the professionals on Tour let's look at the proximity of "missed putts." What I found amazing is that the difference between the Top 25 player and all other Tour Pros from 30-40 feet is almost half a foot closer! Can you imagine what this would be for a normal player?

You can take more strokes off your score daily by lagging the ball closer to the hole Obviously, we also need to convert our short putts but the make percentages for amateurs from 3 foot and in is not that bad- we just cannot let putts get outside this 3-foot circle I hope by now you have made the decision to go work on your lag putting in the two ways I described earlier, I promise that if you focus on "fine-tuning" your feel that you will become a MUCH better lag putter and your scores will come down as a result. Enjoy...



**WADE THOMAS**  
Director, Greens & Grounds

GREAT GOLF

The golf course has been in great shape all Spring since coming out of dormancy. We have implemented a program on the greens which has improved their consistency throughout the day. We want them rolling the same speed at 5pm as they did at 8am. This is hard to achieve but our programs have moved the needle in the right

direction. The trick is to balance enough growth to heal from the days wear and tear but no more. Excess growth is what causes slow greens in the evening and unhappy Members.

Our projects have been going well with the Short Range looking great with everything in place and grassing planned for the end of May. The USGA green and capillary bunker are examples of some of the improvements to the course we will be making next year during the renovation. We have the TifTuf Bermuda grass installed around the green and in the Short Range fairway. We will be starting the Learning Center end of the range after Member-Guest which will include increasing the size of the hitting surface and leveling the Tee to one height. The bunker behind the building will be eliminated and the putting green size will be increased.

We will be aerifying greens on June 13th with the big holes and heavy sand. They should be rolling good 2 weeks after the process. We could use your help filling divots, repairing ball marks and controlling the cart traffic around the greens and tees. Call us if you have questions or concerns.





**ROB HAVER**  
*Wellness Center Director*

10 TIPS FOR EXERCISING  
IN THE  
HEAT AND HUMIDITY

**1.Let Your Body Acclimate to the Heat** No matter your fitness level, everybody needs time to acclimate to the heat. Failure to do so is actually a risk factor for heat-related illness (as are poor physical fitness and strenuous exercise), according to a study published in April 2019 in the journal American Family Physician.

**2.Know Your Risk Heat** affects everyone differently owing to a variety of factors (age, genetics, fitness level, other health issues), but certain groups should take extra precautions. People who are generally at increased risk of heat-related illness include: Older adults, People who don't often work out, People with preexisting health conditions like heart disease, People with acute illness like fever and upper respiratory infections, People taking certain medications, such as diuretics and COPD medications. If this is you, you'll need to be extra cautious about exercising in heat. Sometimes it may be best to work out indoors with AC.

**3.Don't Forgo Pre-Workout Hydration** Staying hydrated is key no matter the time of year, but it's even more important during hot conditions. If possible, drink more water two to three hours before exercising. On top of the 125 ounces (oz) and 91 oz of water men and women, respectively, should be consuming daily (according to the National Institute of Medicine Food and Nutrition Board), aim for six milliliters of water per kilogram of body mass before working out. One way to tell if you're hydrated is to pay attention to the color of your urine (and whether you're peeing about as much as usual). If you're hydrated, it should look more clear than yellow, and you should be peeing about as much as usual.

**4.Eat for Hydration** You can also increase your body's hydration level by eating water-rich foods throughout the day, says Julie Brown, RD, an American Council on Exercise (ACE)-certified personal trainer and dietitian with Life Time in Chanhassen, Minnesota. Water-rich foods include cucumbers and watermelon.

**5.Don't Eat Too Much Beforehand** When working out in the heat, avoid eating a big meal before exercise. "Digesting food requires energy," Brown says. Digestion creates more body heat, she explains, and pulls blood flow away from the muscles you're working during exercise. If your body is trying to digest food and move vigorously at the same time, digestive discomfort can result, leading to a bummer of a workout.

**6.Wear Heat-Appropriate Clothing** Wear clothing that allows heat to escape your body. "Loose-fitting, light-colored clothing is best for keeping the body cool," Olufade says.

**7.Use Sun Protection** Heat and humidity aren't the only worry in the summer. Sun exposure is the leading risk factor for skin cancer, so take steps to protect yourself. Slather on the sunscreen, choosing one with at least an SPF of 15, according to the Skin Cancer Foundation. Use two tablespoons for your entire body, applying it 30 minutes before you go out. Reapply every two hours, per the general guideline, but if you're sweating, reapply every hour, according to the American College of Sports Medicine.

**8.Carry Water (or Know Where to Find It During Your Workout)** When the temperature climbs above 80 degrees F, bring water with you (or plan ahead of time where on your exercise route you can find some). You'll need to replenish your body with 7 to 10 oz of water for every 10 to 20 minutes of exercise in the heat, according to ACE. And if your workout will last more than 60 minutes, consider adding an electrolyte supplement to your water (they help the body maintain fluid balance, which is important when you're exerting yourself and losing a lot of water via sweat).

**9.Avoid Middle-of-the-Day Workouts** If you're running, walking, or biking, choose a shadier route whenever possible, and avoid times when the sun is most intense, usually between 10 a.m. and 4 p.m. forecasts or AirNow for your city's current air quality) can pose challenges for people with compromised health. Play it safe by choosing times of the day with a lower AQI or modify your plans by moving indoors or changing your intensity or duration.

**10.Tailor Your Workout to the Weather** Don't save your most intense workouts for the hottest days. Dial down the intensity level of your workout (opting for a lower-impact activity or shorter workout) when the temperatures and humidity are high. Risk of heat-related injury increases when the temperature climbs above 80 degrees F and the humidity is greater than 75 percent, according to the American College of Sports Medicine. Consider adjusting your workout in one of the above ways in those conditions.

Extract Taken from, Every Day Health, by Karen Asp



**CRAIG A. JONES**  
*Director of Tennis*

We are ready to kick off the summer with Kids Tennis Camps! Tennis Camp is a great opportunity to introduce your child to the great game of tennis. We offer camps for 4 – 18 years old, beginner to advance. Each camp is designed to the level of the child. They will learn all the different strokes, work on eye hand coordination, the rules of the game, and most importantly have fun playing the sport! We still have a few spots open, it's not too late to sign up!

Also, Congratulations to The Racquettes! Our 3.0 Idle Hour Ladies Tennis Team on make it to the USTA State Tournament in Rome, Ga.



**PEE WEE CAMP**  
JUNE 7 - 10 / JUNE 21 - 24 / JULY 5 - 8  
9:00 AM - 11:30 PM  
Pee Wee Camp is designed for ages 4 to 7 years old. This camp is a great introduction to tennis. Campers will receive a tennis racket, t-shirt, trophy, & goodie bag. Campers will also swim Tuesday, Wednesday, & Thursday.

**BEGINNER, INTERMEDIATE, ADVANCE CAMP**  
JUNE 14 - 17 / JULY 12 - 15  
9:00 AM - 2:00 PM  
This camp is designed for ages 8 -16. Also, a great introduction to tennis for beginners, as well as, intermediate or advanced players. Campers will receive a t-shirt, trophy, & goodie bag. Lunch and swimming included each day.

**TOURNAMENT PLAYERS CAMP**  
JULY 19 - 22  
9:00 AM - 2:00 PM  
This camp is designed for our tournament players who want to focus on technique, footwork, strategy, match play, and conditioning for tournaments. Ages 9 - 18. Lunch included each day.

Call Or Email The Tennis Shop For Information Or To Sign Up.  
Tennis@idlehourclub.com



IDLE HOUR VS. SAVANNAH

The Idle Hour Ladies hosted the ladies of Savannah Golf Club in the 1st Annual Ladies Tennis Cup Open! It was a tough loss, but we will be ready for them next year! Thank you to everyone who played, we are already looking forward to playing in Savannah next year!

MIXED DOUBLES  
**MARGARITA MIXER**  
THURSDAY, JUNE 9TH  
6:30 PM  
\$30 PER PERSON  
INCLUDES - TWO MARGARITA DRINK TICKETS, FOOD & BEER  
EMAIL THE TENNIS SHOP TO REGISTER  
TENNIS@IDLEHOURCLUB.COM  
YOU DO NOT NEED A PARTNER TO SIGN UP

UP COMING EVENTS

**Margarita Mixer**  
Thursday, June 9th  
Margaritas, tennis, and plenty of beer  
Please email the tennis shop to sign up  
tennis@idlehourclub.com

**Strawberries & Cream Round Robin**  
Saturday, July 9th  
Please email the tennis shop to sign up.

TENNIS DRILL & LESSONS

**3.0 Ladies Drills:**  
9:30a.m. – 11:00a.m. Wednesdays and Thursdays

**3.5 Ladies Drills:**  
9:30a.m. – 11:00a.m. Tuesdays

**Men's Drills of all levels:**  
6:30 p.m. – 8:00 p.m. Wednesdays

**Men's Saturday Morning Drills:**  
Drills for men of all levels 9:30a.m. – 11:00a.m.

**Ladies Saturday Morning Drills:**  
Drills for ladies of all levels 9:30 a.m. – 11:00a.m.

**Academy Drills:**  
Drills for Tournament Level Players and Advanced Players  
Wednesdays from 5:30 – 7:00 p.m. Thursdays from 5:30- 7:00 p.m.  
Saturdays from 2:00 – 3:30 p.m.

**Academy II Drills:**  
Drills for Tournament Level Players wanting to improve their game  
Tuesdays from 6:00 – 7:30 p.m. Saturdays from 12:30 – 2:00 p.m.

**Academy III Drills:**  
Drills for 10 & under, players who have taken lessons, but are not yet at a tournament level. Wednesdays from 5:30-6:30 p.m. Thursday 5:30-6:30p.m. Saturdays from 12:00-1:00 p.m.

**3 plus a Pro:**  
Tuesday – Saturday Tennis Director: \$135.00 amongst the 3 players  
Tennis Assistant: \$105.00 amongst the 3 players Three people plus a pro will play for 1½ hours. You will get to play three sets of doubles. You will rotate partners after each set so each player will get to be paired with the pro. Call the tennis shop to set up a time.

**Men's Night Out:** Men come out and compete in friendly matches of all levels, 2.5 – 4.0. Beverages and balls are provided. We look forward to seeing you on the courts every Thursday night. Cost \$30.00. For more information please call the Tennis Shop or email Justin Towers.

**Ladies' Night Out:** Is now called Sunday Funday! Ladies come out and compete in friendly matches of all levels, 2.5 – 4.0. Beverages and balls are provided. We look forward to seeing you on the courts every Sunday afternoon. For more information contact MaryBeth Hand or call the Tennis Shop.